

Seasidebuzz

CARLSBAD RECREATION DEPARTMENT-SENIOR CENTER NEWSLETTER AUGUST 2007

BEAT THE HEAT

Many seniors don't realize they are more susceptible to the effects of heat than younger people. They can be in crisis and not know it, because seniors often don't start sweating until their temperature has already soared. This is especially true if they have any disease that causes poor circulation. Different medications can affect the body's ability to cool down, as well.

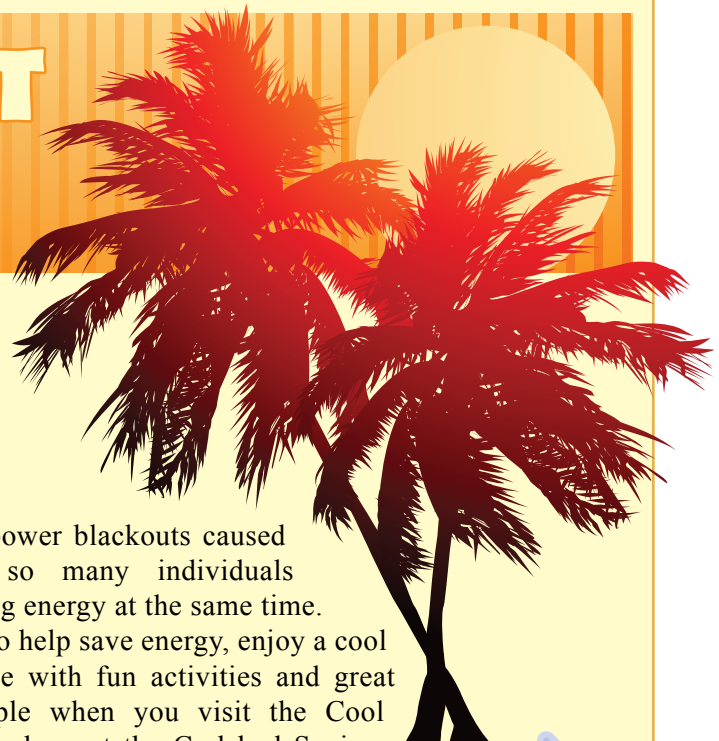
San Diego County just kicked off its seventh year of the Cool Zone program. The main goal of this project is to educate older adults on how to avoid succumbing to the summer heat. One of the ways is to spend the hottest part of the day in a cool place. The Carlsbad Senior Center is a designated Cool Zone for Aging and Independence Services.

Not only does visiting our site help you avoid heat stroke and other heat-related problems, you also can save money by not using your own air conditioners or fans. The community benefits, as well, by decreasing the risk

of power blackouts caused by so many individuals using energy at the same time.

So help save energy, enjoy a cool place with fun activities and great people when you visit the Cool Zone here at the Carlsbad Senior Center. Look below for tips on beating the heat this summer.

Sail Lynn, Senior Center Manager



Tips for Beating the Heat

- Stay Cool at the Carlsbad Senior Center.
- Eat lightly and drink plenty of fluids. Non-caffeine and non-alcoholic beverages help prevent dehydration.
- Wear lightweight, light-colored and loose-fitting clothing.
- Keep a container of cool water nearby and use wet washcloths to pat the wrists, face and back of neck or, for a quick cool-down, wrap ice cubes in a washcloth.
- Use small battery-operated, hand-held fans and misters for a cooling break.
- Schedule outside activities in the early mornings or in the evening.
- Stay in the coolest part of the house – usually on the lowest floor – as much as possible.
- A shady spot outdoors may be cooler than the house, especially if there's a breeze.
- Use portable and ceiling fans in frequently used rooms to substitute for the air conditioner.
- If it is safe to do so, leave windows open at night. Open windows on two sides to create cross ventilation.
- Place a piece of cardboard covered with aluminum foil in sunny windows to reflect sunlight and heat away from the house.
- Close shades or draperies on sunny windows.
- Air out hot cars before getting into them.
- Visit a Cool Zone on hot days.

For more information about Cool Zones, contact the AIS Call Center at (800) 510-2020.

News & Features

August 2007

Smashing Summer Fashion Show

This year's fashion show featured clothing provided by Martin & Co. in downtown Carlsbad. The clothes ranged from casual summer to clothing for fine dining. Sutton Martin Smith, the owner of Martin & Co. chose the clothes that were modeled by Barbara, Betty, Izma, Peggy and Teresa. Sue Spickard narrated the show. Jack Risley and Vincent Rodriguez were "formal escorts" making sure the models stayed on their feet climbing up and down the stage.

The room was elegantly decorated with pink, black and white. The quality table linens were donated by "Cintas." Gourmet New York Cheesecake covered with strawberries was served to all the guests. The cheesecake was donated by "Las Villas de Carlsbad." Margaret Massey and Diane Losey were the Chair People on decorations and refreshments. Sandy Arms and Carol Sell helped with decorating and serving. Music was provided by the "Dene Davidson Band" and was enjoyed by everyone.

The door prizes were phenomenal this year. The donors were: Applebee's, Chili's, Daily News Café, Gwynn DeYoung, Elephant Bar, Fidels, Friday's, Greek Village Restaurant, KoKo Beach, Krikorian, Macaroni Grill, Mimi's, Moviemax, Olive Garden, Rafiel, Red Lobster, Soup Plantation, Starbucks, Tuscany Cucina, Ultra Star and Vigilucci's. Ed Arms did a fantastic job as Photographer!

Izma Chmiel spearheaded this event and we give "kudos" to her for doing such a wonderful job. She worked very hard and put in quite a few hours to make this a special afternoon! The Senior Center collected \$790 for this special fundraiser.



NUTRITION CORNER

by Jack Risley

NATURAL THERAPY:

Health from Plants

In a world of ever-increasing technology and machine-controlled medical interventions, people look for a more natural approach to health that seeks to obscure diseases. Fortunately, there are a number of natural therapies which have just such a positive, holistic approach, and have also stood the test of time, to emerge as the most rational way to sustain our health into the twenty-first century.



The most basic and the most pervasive source of medicines throughout the world ever since time began has been the plant kingdom. From our earliest origins we can trace the use of plants for health; even today most people rely on herbal medicines for most of their primary health care.

In ancient cultures, diet and medicine were inextricably linked – let your food be your medicine, and your medicine be your food. Plants provide an additional element to health. Herbs not only enhance the flavor of what we eat, but often contain useful trace elements and also help with the digestion of many foods. Herbal teas are low-caffeine drinks that carry many health benefits.

Professional herbal medicine may use plants with quite profound effects on our systems, while other therapies such as homoeopathy utilize the energetic qualities of plants. In aromatherapy, the essential oils of plants are used to affect our emotional states, as well as for quite powerful anti-infective properties. As well as these therapies, requiring treatment from qualified practitioners, the plant world also offers many home remedies, and equally importantly plants can be used in many ways to maintain good health.

Portions of this article were taken from the Wellness Encyclopedia of Food & Nutrition.

Senior Safari *Excursions*

August 2007

August

Pageant of the Masters

The Laguna Arts Festival is on the grounds of the Pageant of the Masters. This festival is known as California's Premier Fine Art Exhibition that captivates us all by the creativity, craftsmanship and sheer beauty of the displays. At 8:30 pm sharp the Pageant of the Masters show begins and what a thrill to watch actors as they recreate masterpieces from the world of art. You will be amazed! There is a free shuttle from the grounds to downtown Laguna Beach and you will have time to dine on your own or brown-bag it, as well as time to explore all of the grounds. There are some food courts also on the grounds. They do have seat cushions for rent as well as blankets and opera glasses. This is really a wonderful excursion, please come along.

CLASS#	TIME	DAYS	DATE	TERM	FEES
32912	4:00 PM-12:00 AM	W	Aug 1	1c	\$72(R) \$82(N)

A Gondola Getaway

Like a giant genie's slipper our black gondolas will glide across Alamitos Bay and our singing Gondoliers will entertain us with "O Sole Mio" and more. The day begins with lunch at Ferraro's in Long Beach, and once we board our gondolas we will start our tour of beautiful homes and yachts in the wind-sheltered waterways of Naples Islands. The Gondoliers will provide us with baskets of cheese and crackers, etc. on our excursion, just in case we get a little hungry.

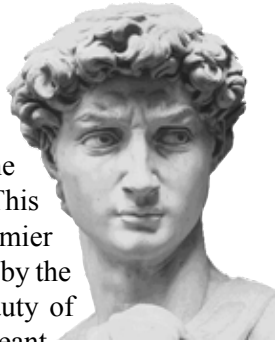
CLASS#	TIME	DAYS	DATE	TERM	FEES
32913	10:00AM-5:00 PM	W	Aug 22	1c	\$75(R) \$85(N)

September

Las Vegas Escape

It is that time of year for our annual trip to Las Vegas. Our host Hotel is the Golden Nugget and we will each have two nights accommodations there and of course their welcome cocktail and a buffet coupon. The Wynn hotel and casino will be a side-trip. This is always a fun excursion and we hope you will join us again this year.

CLASS#	TIME	DAYS	DATE	TERM	FEES
32969	8:00AM-6:00 PM	M-W	Sept 3-5	3c	\$145(R) \$155(N)



The Dead Sea Scrolls

The San Diego Natural History Museum is presenting the Dead Sea Scrolls, a unique exhibition full of great mystery, intrigue and significance. They are widely acknowledged to be among the greatest archaeological treasures ever discovered. This will be a self-guided tour and audio tapes are available if you would like. The Museum has been granted the unusual opportunity for a six month exhibit. Upon arrival you will enjoy a specially catered lunch at the museums Rooftop Terrace Restaurant.

CLASS#	TIME	DAYS	DATE	TERM	FEES
32914	11:30AM-6:00 PM	TH	Sept 13	1c	\$78(R) \$88(N)

Huntington Library Tour and Tea

This excursion will offer a guided tour of this magnificent estate full of galleries, beautiful gardens and the Library. Before the tour begins we will be served a buffet tea luncheon overlooking the Rose Garden, which provide wonderful feelings of tranquility and beauty.

CLASS#	TIME	DAYS	DATE	TERM	FEES
32915	10:00AM-5:30 PM	W	Sept. 26	1c	\$78/R - \$88/ NR

Make a note! *Coming Soon!*

October

Reagan Library	10/04/07
Old World Oktoberfest	10/18/07
Let's Go Back To Julian	10/29/07

November

Broadway Musical "Pajama Game"	11/10/07
Del Mar Holiday Of Lights	11/29/07

December

Radio City Music Hall's Christmas Spectacular	
Starring the "Rockettes"	12/14/07
Special Invitation to Laughlin's	
Riverside Resorts "Christmas Party"	12/17-19/07



Please note that all Senior Safari trips require a certain amount of walking. Age 55 and up. Meet in the Senior Center parking lot 799 Pine Ave. Contact: Cynthia Torrie for availability at 760-602-4653 (R)-Resident /(N)-Non-resident TERM- # of classes

August 2007 Activities Calendar

* Appointment required
 ** Pre-registration with Mira Costa (795-6820)
 *** Special this month

MONDAY				TUESDAY				WEDNESDAY	
								8:00 – 5:00	PC Lab
8:00 – 5:00	PC Lab	COM	6	8:00 – 11:00	Needlecraft	ART	7	9:30 – 11:30	***SOCCER GOLF
9:00 – 11:15	Writers Group	DS		8:30 – 11:00	Health Screening	LG		11:00 – 12:00	Laughter Yoga
9:00 – 12:00	Spanish – Levels I, II, III	ART		9:00 – 10:00	Walking Group	LB		12:30 – 4:00	*Trip to Stater Brothers
12:30 – 1:30	Line Dancing – Beginning	AUD		9:30 – 11:00	Country Line Dancing	AUD		1:30 – 4:30	Pinocle Group
1:00 – 2:30	International Folk Dancing	DS		9:30 – 11:30	*Computer Classes	COM		2:30 – 4:30	Hawaiian Dance – Beg/Int
3:00 – 4:15	Yoga – Level I	DS		9:30 – 12:30	*Legal Assistance	CR			
3:00 – 4:15	Yoga – Level II	AUD		10:00 – 11:30	***Accupuncture	DS			
				12:30 – 4:30	Chess Group	DS			
				12:30 – 4:00	Bingo	AUD			
				1:00 – 3:00	*Computer Classes	COM			
8:00 – 5:00	PC Lab	COM	13	8:00 – 11:00	Needlecraft	ART	14	8:00 – 5:00	PC Lab
9:00 – 11:15	Writers Group	DS		8:30 – 11:00	Health Screening	LG		9:30 – 11:30	***SOCCER GOLF
9:00 – 12:00	Spanish – Levels I, II, III	ART		9:00 – 10:00	Walking Group	LB		11:00 – 12:00	Laughter Yoga
12:30 – 1:30	Line Dancing – Beginning	AUD		9:30 – 11:00	Country Line Dancing	AUD		12:30 – 4:00	*Trip to Stater Brothers
1:00 – 2:30	International Folk Dancing	DS		9:30 – 11:30	*Computer Classes	COM		2:30 – 4:30	Hawaiian Dance – Beg/Int
1:00 – 3:00	Senior Readers Theatre	ART		10:00 – 11:30	***Pain Management	DS		1:30 – 4:30	Pinocle Group
3:00 – 4:15	Yoga – Level I	DS		12:30 – 4:30	Chess Group	DS			
3:00 – 4:15	Yoga – Level II	AUD		12:30 – 4:00	Bingo	AUD			
				1:00 – 3:00	*Computer Class	COM			
				2:00 – 3:30	*Food Bank	PL			
8:00 – 9:30	**Tai Chi	AUD	20	8:00 – 11:00	Needlecraft	ART	21	8:00 – 9:30	**Tai Chi
8:00 – 5:00	PC Lab	COM		8:30 – 11:00	Health Screening	LG		8:00 – 5:00	PC Lab
9:00 – 11:15	Writers Group	DS		9:00 – 10:00	Walking Group	LB		9:00 – 11:00	Watercolor Class
9:00 – 12:00	Spanish – Levels I, II, III	ART		9:30 – 11:00	Country Line Dancing	AUD		9:30 – 11:30	*Computer Classes
9:45 – 10:45	**Body Conditioning	AUD		9:30 – 11:30	*Computer Classes	COM		9:30 – 11:30	***SOCCER GOLF
11:00 – 12:30	**Balance & Mobility	AUD		9:30 – 12:30	*Legal Assistance	CR		9:45 – 10:45	**Body Conditioning
12:30 – 1:30	Line Dancing – Beginning	AUD		12:30 – 4:30	Chess Group	DS		11:00 – 12:30	**Balance & Mobility
1:00 – 2:30	International Folk Dancing	DS		12:30 – 4:00	Bingo	AUD		11:00 – 12:00	Laughter Yoga
3:00 – 4:15	Yoga – Level I	DS		1:00 – 3:00	*Computer Classes	COM		1:30 – 4:30	Pinocle Group
3:00 – 4:15	Yoga – Level II	AUD		1:00 – 4:00	**Life Story Writing	ART		12:30 – 4:00	*Trip to Stater Brothers
								2:30 – 4:30	Hawaiian Dance – Beg/Int
8:00 – 9:30	**Tai Chi	AUD	27	8:00 – 11:00	Needlecraft	ART	28	8:00 – 9:30	**Tai Chi
8:00 – 5:00	PC Lab	COM		8:30 – 11:00	Health Screening	LG		12:00 – 5:00	PC Lab
9:00 – 11:15	Writers Group	DS		9:00 – 10:00	Walking Group	LB		9:00 – 11:00	Watercolor Class
9:00 – 12:00	Spanish – Levels I, II, III	ART		9:30 – 11:00	Country Line Dancing	AUD		9:30 – 11:30	*Computer Classes
9:45 – 10:45	**Body Conditioning	AUD		9:30 – 11:30	*Computer Classes	COM		9:30 – 11:30	***SOCCER GOLF
11:00 – 12:30	**Balance & Mobility	AUD		10:00 – 11:30	***MEDICARE SEMINAR	DS		9:45 – 10:45	**Body Conditioning
12:30 – 1:30	Line Dancing – Beginning	AUD		12:30 – 4:30	Bingo	AUD		11:00 – 12:30	**Balance & Mobility
1:00 – 2:30	International Folk Dancing	DS		12:30 – 4:30	Chess Group	DS		11:00 – 12:00	Laughter Yoga
3:00 – 4:15	Yoga – Level I	DS		1:00 – 3:00	*Computer Classes	COM		1:30 – 4:30	Pinocle Group
3:00 – 4:15	Yoga – Level II	AUD		1:00 – 4:00	**Life Story Writing	ART		12:30 – 4:00	*Trip to Stater Brothers
								1:00 – 3:00	*Legal Assistance
								2:30 – 4:30	Hawaiian Dance – Beg/Int

ART – Art Room
AUD – Auditorium
COM – Computer Lab

CR – Conference Room
DN – Dining Room
DS – Dance Studio

LB – Lobby
LG – Lounge
P – Patio

PL – Parking Lot
PARK – Pine Park

THURSDAY				FRIDAY			
8:00 – 5:00	PC Lab	COM	2	8:00 – 5:00	PC Lab	COM	3
8:30 – 9:30	Low Impact Aerobics	AUD		8:30 – 11:00	Crafti-Crafters	ART	
9:00 – 10:00	Walking Group	LB		9:00 – 11:00	Discussion Group	DS	
9:00 – 11:00	Watercolor Class	ART		12:30 – 4:00	Party Bridge	AUD	
9:30 – 11:30	*Individual Nutrition Plan	CR		12:45 – 2:45	Hawaiian Dance – Int/Adv	DS	
10:00 – 11:15	Yoga – Level III	AUD		1:00 – 4:00	Scrabble	LG	
10:00 – 11:30	Middle Eastern Dance	DS		3:00 – 4:30	Jazz & Tap Dancing	DS	
12:30 – 4:00	Walmart/Trader Joe's	PL					
1:30 – 3:30	***ATRIA DANCE	AUD					
8:00 – 5:00	PC Lab	COM	9	8:00 – 5:00	PC Lab	COM	10
8:30 – 9:30	Low Impact Aerobics	AUD		8:30 – 11:00	Crafti-Crafters	ART	
9:00 – 10:00	Walking Group	LB		12:30 – 4:00	Party Bridge	AUD	
9:00 – 11:00	Watercolor Class	ART		12:45 – 2:45	Hawaiian Dance – Int/Adv	DS	
10:00 – 11:15	Yoga – Level III	AUD		1:00 – 4:00	Scrabble	LG	
10:00 – 11:30	Middle Eastern Dance	DS		3:00 – 4:30	Jazz & Tap Dancing	DS	
1:00 – 3:00	***Movie	AUD					
12:30 – 4:00	Walmart/Trader Joe's	PL					
2:00 – 4:00	PC Users	DS					
8:00 – 5:00	PC Lab	COM	16	8:00 – 5:00	PC Lab	COM	17
8:30 – 9:30	Low Impact Aerobics	AUD		8:30 – 11:00	Crafti-Crafters	ART	
9:00 – 10:00	Walking Group	LB		9:00 – 11:00	Discussion Group	DS	
9:00 – 11:00	Watercolor Class	ART		12:30 – 4:00	Party Bridge	AUD	
9:30 – 11:30	*Individual Nutrition Plan	CR		12:45 – 2:45	Hawaiian Dance – Int/Adv	DS	
10:00 – 11:30	Middle Eastern Dance	DS		1:00 – 4:00	Scrabble	LG	
10:00 – 11:15	Yoga – Level III	AUD		3:00 – 4:30	Jazz & Tap Dancing	DS	
12:30 – 4:30	*AARP Driving Safety	ART					
2:00 – 4:00	PC Users	DS					
8:00 – 5:00	PC Lab	COM	23	8:00 – 9:30	**Tai Chi	AUD	24
8:30 – 9:30	Low Impact Aerobics	AUD		8:00 – 5:00	PC Lab	COM	
9:00 – 10:00	Walking Group	LB		8:30 – 11:00	Crafti-Crafters	ART	
9:00 – 11:00	Watercolor Class	ART		9:45 – 10:45	**Body Conditioning	AUD	
10:00 – 11:30	Middle Eastern Dance	DS		12:30 – 4:00	Party Bridge	AUD	
10:00 – 11:15	Yoga – Level III	AUD		12:45 – 2:45	Hawaiian Dance – Int/Adv	DS	
12:30 – 2:00	Meet the Artist	LB		1:00 – 4:00	Scrabble	LG	
12:30 – 4:30	*AARP Driving Safety	ART		3:00 – 4:30	Jazz & Tap Dancing	DS	
2:00 – 4:00	PC Users	DS					
8:00 – 5:00	PC Lab	COM	30	8:00 – 9:30	**Tai Chi	AUD	31
8:30 – 9:30	Low Impact Aerobics	AUD		8:00 – 5:00	PC Lab	COM	
9:00 – 10:00	Walking Group	LB		8:30 – 11:00	Crafti-Crafters	ART	
9:00 – 11:00	Watercolor Class	ART		9:45 – 10:45	**Body Conditioning	AUD	
10:00 – 11:30	Middle Eastern Dance	DS		12:30 – 4:00	Party Bridge	AUD	
10:00 – 11:15	Yoga – Level III	AUD		12:45 – 2:45	Hawaiian Dance – Int/Adv	DS	
				1:00 – 4:00	Scrabble	LG	
				3:00 – 4:30	Jazz & Tap Dancing	DS	

Senior Specials

August 2007

Welcome to the July 2007 Specials. Activities and schedules are updated monthly. Contact: Teresa Dunn, 760.602.4654

Middle Eastern Dance Class

see advertisement below!

DATE	TIME	Location
Thurs. Aug 2	10:00 am to 11:30 pm	Dance Studio

Monthly Dance- Billy Harper Band

sponsored by "Atria"

DATE	TIME	Location
Thurs. Aug 2	1:30 pm to 3:30 pm	Auditorium

The dance is sponsored by "Atria Buena Vista," senior living group. Enjoy dancing to the music of the Billy Harper Band and Socialize with some "fun loving" folks. Complimentary snacks and drinks will be served. \$3 donation is requested at the door.

Acupuncture Seminar

DATE	TIME	Location
Tues. Aug 7	10:00 am to 11:30 am	Dance Studio

This seminar is taught by Peggy Raikes. Peggy is a local Encinitas Acupuncturist and natural allergy BioSET advanced practitioner. She has two master degrees in the health field: Stress management from University of California, Davis and Traditional Chinese Medicine from Pacific College of Oriental Medicine. Peggy has been in the health field since the late 70's. Peggy is dedicated to finding natural solutions to health problems. She is a compassionate individual who looks at and cares for all of her patients as if they were members of her own family.

Monthly Movie- "Meet the Parents"

DATE	TIME	Location
Thurs. Aug 9	1:00 pm to 3:30 pm	Auditorium

This month's movie, "Meet the Parents" is a romance comedy starring Robert DeNiro and Ben Stiller. "First comes love, then comes the interrogation" would be the tagline for this movie. A male nurse (Stiller) plans to ask his girl friend (Teri Polo) to marry him. However, he learns

Movie, cont. that her strict father (DeNiro) expects to be asked for his daughter's hand before she can accept. Thus begins the visit from Hell as the two travel to meet Mom (Blythe Danner) and Dad, who turns out to be former CIA with a lie detector in the basement.

Pain Management Seminar

DATE	TIME	Location
Tues. Aug 14	10:00 am to 11:30 am	Dance Studio

This seminar is given by Sharon Murname, RN, BA, HN-BC, CHTP. Sharon is an expert in this field and will be discussing what helps and what hurts pain management. She will touch on subjects such as common and underlying factors that can contribute to pain. Sharon will cover diet, lifestyle strategies, and stress control in alleviating pain naturally. We all suffer from some form pain and knowing how to prevent it, alleviate it and manage it will certainly give us a better quality of life, naturally.

Meet the Artist- Doug Strong

DATE	TIME	Location
Thurs. Aug 23	12:30 pm to 2:00 pm	Lobby

Come and meet the Artist, Doug Strong. He will have his watercolor paintings on display. Doug not only has talent in watercolors, but in writing poems as well. Come and enjoy the art work, his poetry, his conversation and refreshments! See this month's feature on page 8

Medicare Part "D" with Nick Selerno

DATE	TIME	Location
Tues. Aug 28	10:00 am to 11:30 am	Lobby

The information will be presented by Nick Salerno, Jr., one of San Diego's leading authorities on Medicare coverage. Nick is the owner of SSIS, an independent agency specializing in the Medicare field since 1982. This is an excellent workshop that will answer all of your questions concerning this complex topic.

MIDDLE EASTERN DANCE CLASSES!

The Carlsbad Senior Center proudly presents a class in Middle Eastern Dancing. This ancient dance of the Middle East, also known as Belly Dancing is the ultimate form of feminine exercise! Watch yourself gain confidence and poise as you lose inches. Transform yourself and become lovelier and more intriguing, while firming and toning your body.

The class will be taught by "Azarah" (Ann McCoy). Ann

has been dancing since 1974 and studied under the Egyptian dancer, Fatima Sultan. She has performed in the Far East, California, Las Vegas and New York. She has choreographed her shows, including the famed Candle Dance. The class begins on Thursday, August 2nd. Suggested donation is \$5.

DATE	TIME	Location
Thurs. Aug 2	10:00 am to 11:30 pm	Dance Studio

Events & Features

August 2007

Harmon's Healing Hands

Our own Chris Harmon is offering his expertise on muscular and joint pain relief every Tuesday from 9:00am to 11:00am in the Senior Center Lounge during Health Screening. Chris is a Holistic Health Practitioner specializing in "myofascial" pain relief in necks, shoulders, arms, wrists, hands, backs, hips, legs, knees, and feet. Chris also does his magic for headache relief! He has been a Massage Therapist for thirty years and has worked on folks such as Carl Malden, Bobby Riggs, Ricardo Mantolban, and world distance champions from Kenya, Ethiopia, Russia, Czech Republic and Croatia to name just a few. Chris has worked at the La Costa Resort and Spa, medical clinics, gyms, and is licensed to practice in the privacy of his client's homes. We are so happy to have Chris here lifting up our spirits and improving our emotional and physical well being.



August 2007 Meet the Artist...

DOUG STRONG



Artist's Reception:
Thursday, August 23rd,
12:30pm – 2:00pm
Main Lobby

Spiller Canyon

In the remoteness of Yosemite
rests a canyon high and barren,
a glaciated relic,
without a lake or trail.

Granite cliffs on either side,
an alpine stream between,
the moon reflects on glacial polish
above the timberline.

We entered this canyon,
In awe, in solitude,
We left it as we found it,
a chapel hid from view.

Doug Strong started painting watercolors two years ago, taking a class at the Senior Center. Landscapes have been his particular interest, based on his love of wilderness. He spent his career at Sand Diego State, helping pioneer the field of environmental history, writing books on American conservationists, Tahoe, and the national parks. Recently he started writing poetry, including the following:

→ Home Delivery Meals

The City of Carlsbad Senior Center has an AIS supported program that provides nutritious hot meals for home bound seniors that live in Carlsbad who are 60 years and older who are unable to prepare their own meals. These meals will be delivered by friendly volunteers Monday through Friday. Donations are \$3.75 per meal. For assistance, please call Vincent Rodrigues, Carlsbad Senior Center Home Meal Coordinator at 760.602.4652.

Senior Spotlight August 2007

Arm-in-Arm with **Ed & Sandy Arms**

In 1972 Ed and Sandy were relocated to the Tri-City area with their two daughters to escape the air pollution of Los Angeles. Their daughters are now married and have given them two awesome grandkids, Shani 11 and Joey 9. Sandy retired from the accounting office of J.C. Penney's in 2002 and Ed retired in 2004 after 40 years as an engineer. Sandy enjoys quilting, reading and most of all loves watching the grandkids two or three days a week. Ed enjoys woodworking, reading and writing his life story. Ed has been part of the Writer's Group for the last two years and enjoys

the fellowship. Sandy volunteers in the dining room serving meals on Wednesdays, while Ed delivers meals. Ed also serves on the Nutrition Council. They are both active in the LAF (Life After Fifty group) at their church. They have been so thankful to be living in Carlsbad since 1990 and can truly say, as they have heard others say, "Today is another



day in Paradise!" We are thankful at our Senior Center and appreciate all they do.

➔ **Newsletter Now Online!** Help us save printing costs by subscribing to the newsletter online. Go to www.carlsbadca.gov, click on Subscription Service on the left, and sign up for the Senior Center Newsletter.

ORGANIZATION CONTACTS

Aging and Independence, Services	
For Assistance, Information,	
or for Reporting Abuse	1-800-510-2020
Carlsbad Fire Department	760-931-2197
Carlsbad Police / Sheriff (Non-Emergency)	760-932-2197
Elder Abuse in Facilities	1-800-640-4661
	or 1-858-560-2507
In Home Supportive Services, North County	760-480-3424
Medicare Plan References,	
www.medicare.gov	1-800-633-4227
Mental Health Service,	
North County Coastal	760-967-4475

SENIOR CENTER CONTACTS

Ron Abbey, Maintenance Assistant	760-602-4659
Tom Clemons, Driver	760-602-4650
Mary Chang, Office Aide	760-602-4650
Teresa Dunn, Activity Coordinator	760-602-4654
Gail Lynn, Senior Center Manager	760-602-4650
Sandra Terrell, Office Aide	760-602-4650
Jack Risley, Recreation Supervisor	760-602-4648
Vincent Rodrigues, Nutrition Coordinator	760-602-4652
Driver	760-602-4650
Cynthia Torrie, Trip Coordinator	760-602-4653
Kris Westland, Secretary	760-602-4658
David Wise, Driver	760-602-4650
Lois Williams, Office Aide	760-602-4650



RECREATION DEPARTMENT

*Creating Community through
People, Parks & Programs*

CARLSBAD SENIOR CENTER
799 Pine Avenue, Carlsbad, CA 92008
760-602-4650